# SEARCH REQUEST FORM

## Scientific and Technical Information Center

(Ethel)

Requester's Full Name: M. Astorino  Examiner #: 74902  Date: ~~3/13/06~~ 2/13/06

Art Unit: 3736  Phone Number ~~30~~ X-24723  Serial Number: 10/799,383

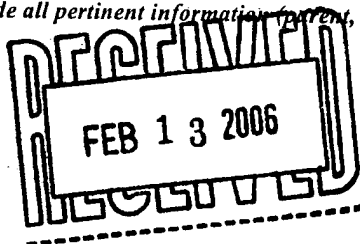Mail Box and Bldg/Room Location: RND-2A48  Results Format Preferred (circle): (PAPER) DISK E-MAIL

**If more than one search is submitted, please prioritize searches in order of need.**
**************************************************************************

Please provide a detailed statement of the search topic, and describe as specifically as possible the subject matter to be searched. Include the elected species or structures, keywords, synonyms, acronyms, and registry numbers, and combine with the concept or utility of the invention. Define any terms that may have a special meaning. Give examples or relevant citations, authors, etc, if known. Please attach a copy of the cover sheet, pertinent claims, and abstract.

Title of Invention: Personal Physical fitness diagnostic evaluation system & METHOD

Inventors (please provide full names): Glasgow

Earliest Priority Filing Date: 3/14/~~2005~~ 2003

*For Sequence Searches Only* Please include all pertinent information (parent, child, divisional, or issued patent numbers) along with the appropriate serial number.

RECEIVED FEB 1 3 2006

→ Clm 31

→ keywords

PDA

Palm, Palm OS
Palm Pilot
Hand held or hand-held
Windows CE
Sony Visor
Blackberry

Fitness

Assessment, intial Assessment
Personal train $, exercise
Running, Jogging, Walking,
workout, [Sets + Repitions (sp)]

**************************************************************************

```
Set     Items   Description
S1      433736  PDA OR PERSONAL()DIGITAL()ASSISTANT? OR PALM()(PILOT OR OS)
                OR HANDHELD OR HAND()HELD OR BLACKBERRY OR BLACK()BERRY OR P-
                OCKET()PC OR POCKETPC OR WINDOWS()CE OR (HAND()SPRING OR HAND-
                SPRING)(2N)VISOR OR SONY(2N)CLIE
S2       20003  (PERSONAL OR FITNESS OR EXERCISE)()(TRAINER? OR TRAINING)
S3       54585  CARDIO OR AEROBIC? ?
S4     1304616  RESISTANCE? OR WEIGHT OR WEIGHTS
S5     4977169  REFINE? ? OR REFINING OR UPDATE? ? OR UPDATING OR ADJUST? -
                OR ASSESS?
S6     1357912  WORKOUT? OR WORK()OUT OR EXERCISE? ? OR EXERCISING OR ROUT-
                INE? ?
S7          61  S1 (S)S3(S)S4
S8       17365  S5(5N)S6
S9           3  S7 (S) S8
S10          2  RD  (unique items)
S11         52  S7 NOT (S9 OR PY=2004:2006)
S12         45  RD  (unique items)
File   9:Business & Industry(R)  Jul/1994-2006/Feb 10
          (c) 2006  The Gale Group
File  16:Gale Group PROMT(R) 1990-2006/Feb 10
          (c) 2006 The Gale Group
File 160:Gale Group PROMT(R) 1972-1989
          (c) 1999 The Gale Group
File 148:Gale Group Trade & Industry DB 1976-2006/Feb 13
          (c)2006 The Gale Group
File 621:Gale Group New Prod.Annou.(R) 1985-2006/Feb 13
          (c) 2006 The Gale Group
File 636:Gale Group Newsletter DB(TM) 1987-2006/Feb 10
          (c) 2006 The Gale Group
File 149:TGG Health&Wellness DB(SM) 1976-2006/Jan W5
          (c) 2006 The Gale Group
File  47:Gale Group Magazine DB(TM) 1959-2006/Feb 13
          (c) 2006 The Gale group
File 141:Readers Guide 1983-2004/Dec
          (c) 2005 The HW Wilson Co
File 484:Periodical Abs Plustext 1986-2006/Feb W1
          (c) 2006 ProQuest
```

TEXT:
     Macworld's editors pick 15 software titles that help you get the most
out of your handheld.
     A handheld is only as useful as the software it runs--otherwise,
it's just an expensive paperweight. Since its introduction four years ago,
Palm OS has amassed a rich following of developers, from amateur
programmers to professional software publishers, who have created tens of
thousands of programs for use on Palm and Handspring handheld organizers.
     A peek at Web sites like PalmGear (www.palmgear.com) or the Tucows
PDA site (http://pda.tucows.com/palm/) reveals tons of freeware and
shareware, ranging from multifunction clocks to strategy games. Instead of
trying to pick the best programs--a daunting task that would surely mean
missing out on a lot of worthy software--we asked Macworld's Palm-using
editors to choose some of their favorite apps for everything from
productivity and organization to travel and games.
     Keep Connected
     AvantGo, AvantGo, http://avantgo.com; free
     Want to carry Web pages with you on your Palm? There's no easier way
than the free AvantGo, which connects to the Web sites you've chosen to
read and updates your Palm with their contents every time you HotSync. Even
graphics and hyperlinks transfer over, making AvantGo a great way to read
your favorite publications when you're on the go.
     MultiMail Pro, Actual Software, www.actualsoft.com; $40
     If you've got a modem on your Palm, you can check multiple POP or
IMAP e-mail accounts from the road with MultiMail Pro. It offers message
filtering, multiple mailboxes, and other features we've come to expect from
Mac e-mail programs. The MultiMail Conduit ($30; $20 with purchase of
MultiMail Pro) can HotSync either MultiMail or the built-in Palm mail
application with your Outlook Express, Claris Emailer, or Eudora mailboxes.
     Get Organized
     Actioneer 2.0 for Palm Handhelds, Actioneer, www.actioneer.com; $20
     Billed as "the easiest way to get information into your Palm
organizer," Actioneer provides a notepadlike way to enter information on
your handheld and then lets you include the note in any of the four native
Palm utilities.
     BrainForest Mobile Edition 2.1, Aportis Technologies,
www.aportis.com; $30
     Those of us who relish the organizing capacities of an outline will
certainly appreciate BrainForest, which gives you the ability to group
action items (notes or to-dos) under common headings of your own choosing
and then export those items to the Palm's native to-do list or notepad.
     JFile Pro 1.0d, Land-J Technologies, www.land-j.com; $25
     FileMaker Pro won't run on your Palm, but this impressive database
program will. Add FMSync Software's FMSync for JFile Pro ($38,
www.fmsync.com), and you can even HotSync JFile to your FileMaker
databases.
     Launch 'Em 2, Synergy Solutions, www.synsolutions.com; $10

Want to give your Palm a more Mac-like feel? This cheap utility is the answer. It replaces your Applications program with a multi-tabbed, drag-and-drop interface--complete with Trash Can!

TealLock 2.10E, TealPoint Software, www.tealpoint.com; $12

Don't leave your personal information unprotected. TealLock is a clever security program for your PDA that picks up where

Palm OS'S Security program leaves off. It offers not only password protection but also password masking, and it allows you to add conditions (timed, by keystroke, power off) to Show/Hide Private Records and Turn Off & Lock.

Workout Tracker 2.19, Stand Alone, www.standalone.com/applications/palm/workout_jracker/index.html; $20

Designed to co-opt your **PDA** as a mobile workout log, this application encourages **weight** -lifting aficionados and **aerobics** enthusiasts to log activity specifics and then analyzes the saved information.

Travel Smart

Currency 3.0c, Henrique M. Martins, http://members.xoom.com/HM_Martins/currex.htm; free

Need to know the exchange rate for the Albanian lek, Costa Rican colon, Laotian hip, Surinamese guilder, or Zambian kwacha? This foreign-currency converter and calculator includes 165 currencies for everywhere from Afghanistan to Zimbabwe, and you can download updated exchange rates daily. You can even define up to ten additional currencies--perfect for when you create your island kingdom and start printing your own money.

Have Fun

Converter 1.1, Matt N. Marsh, www.matt.oaktree.co.uk/computing/converter.shtml; free

If you have trouble remembering just how many pounds are in a stone or fluid ounces are in a liter, or how to convert 30 degrees Celsius to Fahrenheit, you need Converter. This program converts most standard units of length, volume, area, weight, speed, and temperature. And even better, the program does all the calculations for you rather than just giving you the conversion factors.

EightBall 1.2, Jaler Group, www.wangner.net/babel.html; free

This one's just the trick for anyone who has a hard time making decisions or needs a little advice. Wondering whether you'll meet that important deadline? Ask the all-knowing EightBall, and then shake, roll, or spin the ball. Tap it to see your answer: "Outlook not good." Yes ...it is very wise.

Planetarium 1.9, Andreas Hofer, www.aho.ch/pilotplanets; $19

What star is that? When will the Moon rise? Where is Jupiter right now?

Planetarium knows these answers--and a whole lot more. The positions of the Sun, Moon, planets, and 1,600 of the brightest stars, nebulae, and other celestial bodies are loaded into the 99K Planetarium. Scan the heavens in compass view orsky view. It's a little tricky but well worth the effort.

Pipeline Perils, Neil Pollard, www.antigone.demon.co.uk/pllot/pipeline/; $10

In the classic Mac game Pipe Dream, you had to connect sections of pipe in various shapes quickly while keeping ahead of the advancing flow of water. Neil Pollard's homage is an action puzzle game worth playing.

SameGame 1.0, DejaVu Software, www.dejavusoftware.com/same/index.html; $10

Like Tetris in reverse, this game starts with a screenful of patterned squares, which you must eliminate. When you tap a square, every adjoining square of the same pattern also disappears, and the remaining blocks slide down to fill the empty space. The more complicated the pattern of blocks you remove, the higher your score--and the more addictive the

game becomes.

Book modules, Peanut Press, 781/937-3489, www.peanutpress.com; Mesa View, 800/951-2620, www.mesaview.co; prices vary

Both of these companies plan to offer book modules. Peanut Press plans to introduce a Star Trek series as well as a business series called The Agile Manager. Mesa View initially plans to release classic literature from authors such as Shakespeare and Jack London. Soon after, Mesa View will create original content from its own list of writers.

Cue VisorRadio, Cue, 949/862-8800, www.cue.net; price not announced

You'll soon be able to listen to your favorite radio station, adjust your schedule, and even respond to a page--all with one device. Cue's VisorRadio will feature an FM tuner so you can listen to the radio, plus it will receive traffic reports ($60), weather forecasts, news alerts, and personal messaging. For features beyond the FM tuner, you'll pay a monthly fee, depending on what services you want You'll customize traffic reports by route using maps from Cue's Web site, and the weather reports for 500 cities will come in on an hourly basis, If you travel to the same places regularly, you'll appreciate the ability to categorize FM tuner presets by city and station name.

InfoMitt, Innogear, 408/848-8338, www.innogear.com; $50

Innogear's InfoMitt brings prepaid paging service to your handheld with 1,000 units or three months of nationwide service. The service includes a personal toll-free number and digital- or alphanumeric-message capability, plus a variety of other perks. The software package can also update your calendar and address book when you send certain tagged information in text pages.

Minijam, Innogear, 408/848-8338, www.innogear.com; price not announced

The MiniJam is a portable MP3 player with controls right on the module. You just drag and drop to transfer files to the device, and the company plans on making the modules available with OMB, 8MB, 16MB, or 32MB of internal memory. The MiniJam also has an on-board memory-card expansion slot for MMC (MultiMediaCard) cards, currently available in 32MB capacity (64MB cards should arrive soon). The module sports a standard audio jack: use it with the provided headphones, or plug it into a small multimedia speaker system. The MiniJukeBox software offers playlist information; equalizer settings; ID3 information; and volume, balance, and play controls. The Handspring batteries power the module, or you can attach a variety of auxiliary external power supplies for the home and car.

Merriam Webster Dictionary, Landware, 201/261-7944, www.landware.com; price not announced

Bad spellers of the world, untie! The Merriam Webster Dictionary module from Landware will have you spelling correctly in no time. It provides easy access to more than 60,000 words and their definitions from almost any application on your Visor.

MyCorder Data Acquisition System, Datastick Systems, 408/615-5774, www.datastick.com; price not announced

Perhaps one of the most scientific attachments for the Handspring is the MyCorder Data Acquisition System. Supporting six analog sensors, the MyCorder lets you measure and record environmental information such as deep-water temperature for oceanographic research and the pressure and density of snow pack. You can easily enter the measurements into a database and later export them into spreadsheets using HotSync.

Quo Vadis HandyGPS, MarcoSoft, 650/326-4727, www.marcosoft.com; $180

Suddenly the need to stop and ask for directions becomes truly obsolete with MarcoSoft's Quo Vadis HandyGPS. HandyGPS offers worry-free travel with the ability to pinpoint your exact coordinates, including your speed and heading. You can also download maps from MarcoSoft's Web site that show street names, street symbols (one way and so forth), and landmark icons. You can even have the GPS software scroll the map as you move, or scroll it using your stylus.

Sixpak Combo, Innogear, 408/848-8338, www.innogear.com; under $200
Innogear's Sixpak Combo packs a 56-Kbps modem, cellular-capable modem, voice recorder with speaker, vibrating alarm, flashing LED alarm, and memory expansion slot into one module. It requires no extra batteries and allows you to send faxes and e-mail, surf the Internet, and record voice messages--all on your Visor. The vibration alert function adds vibration to the list of options in your calendar alarm settings, for those times--at the opera, for example--when beeps and bells just aren't appropriate.
On the HORIZON
WHEN YOU'RE READY TO TAKE YOUR HANDHELD TO THE NEXT LEVEL, BOTH PALM and Handspring models offer you the ability to attach extras that expand your device's capabilities. For ratings of some of these Palm additions, you can visit www.macworld.com, but we're going to give you a peek at one of the most exciting features of Handspring's Visor line--the expansion slot known as the Springboard. However, most of the Springboard add-on modules were still in the design stage as of press time.
Currently shipping products include Tiger Woods PGA Tour Golf, the 8MB Flash Module, the Quick Backup Module, and the Modem Module. Here's a look into the not-so-distant future.
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INDUSTRY CODES/NAMES:  BUSN   Any type of business; CMPT   Computers and Office Automation
DESCRIPTORS:  Computer software industry--Products; Personal digital assistants--Computer programs
GEOGRAPHIC CODES/NAMES:  1USA   United States
PRODUCT/INDUSTRY NAMES:  3573160 (Personal Digital Assistants); 7372000 (Computer Software)
SIC CODES:  3571  Electronic computers; 7372  Prepackaged software
NAICS CODES:  334111  Electronic Computer Manufacturing; 51121  Software Publishers
FILE SEGMENT:  CD File 275
?

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Set      Items    Description
S1      440517    PDA OR PERSONAL()DIGITAL()ASSISTANT? OR PALM()(PILOT OR OS)
                     OR HANDHELD? OR HAND()HELD? ? OR BLACKBERRY OR BLACK()BERRY -
                     OR POCKET()PC OR WINDOWS()CE OR SONY()VISOR
S2       20003    (PERSONAL OR FITNESS OR EXERCISE)()(TRAINER? OR TRAINING)
S3     5581027    CARDIOVASCULAR? OR CARDIO()VASCULAR? OR RUN OR RUNS OR RUN-
                     NING OR JOG OR JOGS OR JOGGING OR WALK OR WALKS OR WALKING OR
                     CYCLE OR CYCLING
S4     1304616    RESISTANCE? OR WEIGHT OR WEIGHTS
S5     3859350    REFINE? ? OR REFINING OR UPDATE? ? OR UPDATING OR ADJUST?
S6     1357912    WORKOUT? OR WORK()OUT OR EXERCISE? ? OR EXERCISING OR ROUT-
                     INE? ?
S7     1125784    SETS OR REPS OR REPETITION? ?
S8        5736    (HANDSPRING OR HAND()SPRING)(2N)VISOR? ? OR SONY(2N)CLIE
S9           3    (S1 OR S8) (S) S2 (S) S3(S)S4
S10         67    (S1 OR S8) (S) S2
S11         40    S10 NOT (S9 OR PY=2004:2006)
S12         26    RD  (unique items)
S13       8551    S5(3N)S6:S7
S14          0    (S1 OR S8) (S) S3(S)S4(S)S13
S15         51    (S1 OR S8) (S) S13
S16         27    S15 NOT (S9 OR S11 OR PY=2004:2006)
S17         18    RD  (unique items)
S18         64    (S1 OR S8) (S) S3 (S) S4 (S) S6
S19         52    S18 NOT (S9 OR S11 OR S16 OR PY=2004:2006)
S20         39    RD  (unique items)
S21       2833    (S1 OR S8)(S) S6
S22        906    (S1 OR S8)(10N)S6
S23      36615    (PERSONAL? OR FITNESS OR EXERCISE)(2N)(TRAIN OR TRAINS OR -
                     TRAINING OR TRAINER?)
S24        141    (S1 OR S8)(S) S23
S25         67    S24 NOT (S9 OR S11 OR S16 OR S19 OR PY=2004:2006)
S26         40    RD  (unique items)
S27          6    VESTEON
S28          4    RD  (unique items)
S29          0    BODYFITDB
S30          0    BODYSCI
File    9:Business & Industry(R) Jul/1994-2006/Feb 10
          (c) 2006  The Gale Group
File   16:Gale Group PROMT(R) 1990-2006/Feb 10
          (c) 2006 The Gale Group
File  160:Gale Group PROMT(R) 1972-1989
          (c) 1999 The Gale Group
File  148:Gale Group Trade & Industry DB 1976-2006/Feb 13
          (c)2006 The Gale Group
File  621:Gale Group New Prod.Annou.(R) 1985-2006/Feb 13
          (c) 2006 The Gale Group
File  636:Gale Group Newsletter DB(TM) 1987-2006/Feb 10
          (c) 2006 The Gale Group
File  149:TGG Health&Wellness DB(SM) 1976-2006/Jan W5
          (c) 2006 The Gale Group
File   47:Gale Group Magazine DB(TM) 1959-2006/Feb 13
          (c) 2006 The Gale group
File  141:Readers Guide 1983-2004/Dec
          (c) 2005 The HW Wilson Co
File  484:Periodical Abs Plustext 1986-2006/Feb W1
          (c) 2006 ProQuest
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**12/3,K/7    (Item 5 from file: 16)**
DIALOG(R)File  16:Gale Group PROMT(R)
(c) 2006 The Gale Group. All rts. reserv.

08262977    Supplier Number: 69710788   (USE FORMAT 7 FOR FULLTEXT)
**FitSync Announces Availability of Mobile Device Application and Platform**
  **for Fitness Market; FitSync Application Based on Aether Systems'**
  **Award-Winning ScoutSync Software.**
Business Wire, p1353
Jan 30, 2001
Language: English    Record Type:  Fulltext
Document Type: Newswire; Trade
Word Count:   707

...     web-based data analysis, and integration with a full featured web
application.
     "Fitness experts and **personal   trainers** all emphasize the
importance of tracking your progress," said Paul Wittrock, president and
founder of FitSync. "We've replaced the clipboard with a **handheld** system
that's easy to use and lets the user manage their exercise program through
a Palm **handheld** or the web."
     The professional version of FitSync provides a patented mobile
gateway through which...

**12/3,K/11     (Item 1 from file: 636)**
DIALOG(R)File 636:Gale Group Newsletter DB(TM)
(c) 2006 The Gale Group. All rts. reserv.

05656742     Supplier Number: 109457410   (USE FORMAT 7 FOR FULLTEXT)
**Personal Training and Technology.**
Club Industry, v19, n10, pNA
Oct 1, 2003
Language: English     Record Type:  Fulltext
Document Type: Newsletter; Trade
Word Count:   673

...     of technology. Buy a PDA and become comfortable with using it - the
future of comprehensive **personal   training** software will be **handheld** .
        Marti West is president & CEO of Healthclub.com . She can be reached
at marti@healthclub...

05941292      SUPPLIER NUMBER: 66495166      (USE FORMAT 7 OR 9 FOR FULL TEXT)
**SWEAT AND LOW-DOWN.**
Slater, Lauren
Harper's Bazaar, 220
Oct, 2000
ISSN: 0017-7873      LANGUAGE: English      RECORD TYPE: Fulltext
WORD COUNT:   1501    LINE COUNT:  00115

...     which has made pens and paper virtually obsolete, has just claimed
its next victim: the **personal   trainer** . The Vivonic Fitness Planner
($229) is a **handheld**  device programmed to keep track of everything from
lat pulls to lattes (and their calorie...

...gym, and check of exercises as they're completed. It also functions as a
pedometer. **Palm   OS**  users can buy the software separately ($49).

**12/3,K/18      (Item 2 from file: 47)**
DIALOG(R)File  47:Gale Group Magazine DB(TM)
(c) 2006 The Gale group. All rts. reserv.

05494080      SUPPLIER NUMBER: 56982367      (USE FORMAT 7 OR 9 FOR FULL TEXT)
**The Digital Personal Trainer.(online physical fitness services)(Brief**
  **Article)**
KOEPPEL, DAN
Sports Afield, 222, 5, 22
Nov, 1999
DOCUMENT TYPE: Brief Article       ISSN: 0038-8149       LANGUAGE: English
RECORD TYPE: Fulltext
WORD COUNT:   571    LINE COUNT:   00047

...      of the most promising sites, covering everything from nutrition to
your daily workout horoscope. The **personal   trainer** page lists regimens
and provides a space for a daily training log for running, cycling...

...area that specializes in beginner workouts. And the custom workouts can
be downloaded to your **Palm   Pilot** . www.asimba.com
      THRIVE FITNESS PLANNER
      This site, targeted primarily at women, also works for...

**12/3,K/24     (Item 3 from file: 484)**
DIALOG(R)File 484:Periodical Abs Plustext

04509295    (USE FORMAT 7 OR 9 FOR FULLTEXT)
**The digital personal trainer**
Koeppel, Dan
Sports Afield (ISPA), v222 n5, p22, p.1
 Nov 1999
 ISSN:  0038-8149        JOURNAL CODE:  ISPA
 DOCUMENT TYPE:  News
 LANGUAGE:  English            RECORD TYPE:  Fulltext; Abstract
WORD COUNT:  530

TEXT:
...     of the most promising sites, covering everything from nutrition to
your daily workout horoscope. The **personal   trainer** page lists regimens
and provides a space for a daily training log for running, cycling...

...area that specializes in beginner workouts. And the custom workouts can
be downloaded to your **Palm   Pilot** . www.asimba.com
     THRIVE FITNESS PLANNER
     This site, targeted primarily at women, also works for...

**20/3,K/3     (Item 2 from file: 16)**
DIALOG(R)File  16:Gale Group PROMT(R)
(c) 2006 The Gale Group. All rts. reserv.

07582543    Supplier Number: 63520616   (USE FORMAT 7 FOR FULLTEXT)
**Fitness in The Palm of Your Hand.**
PR Newswire, p1280
July 18, 2000
Language: English     Record Type:  Fulltext
Document Type: Newswire; Trade
Word Count:   469

...      well as their calendars."
      Scagnetti said initial reaction to the Vivonic Fitness Planner, the
standalone **handheld** fitness tool Vivonic launched in May, indicate that
the public is looking for new ways to track nutrition and **exercise** , and
becoming more and more serious about getting or keeping fit. He said
Vivonic users **run**  the gamut from those who want to lose **weight** , to
**workout** regulars to marathon trainees.
      To provide additional training & nutrition programs that help meet
the needs...

**Make Your PDA a Health Partner.**
Weintraub, Arlene.

ABSTRACT: A **handheld** computer can be a vital partner to managing one's
health. Hundreds of software tools can transform these devices into
everything from a heart monitor to a **personal** workout **trainer** . A **PDA**
can beep its owner three times a day to remind him to take his cholesterol
...

...that double-cheeseburger lunch. Even the Food & Drug Administration is
singing the praises of the **handheld** device. In June, it cleared the
FreeStyle Tracker for diabetes management--the tool includes a blood-test
module that attaches to the **Handspring  Visor** .

**INTERNET ARCHIVE**
# WaybackMachine

**Enter Web Address:** `http://` `All ▼` | Take Me Back | Adv. Search  Compare Archiv

Searched for **http://www.vesteon-software.com/PersonalTrainerPDA2.htm**          **10** Results

* denotes when site was updated.

## Search Results for Jan 01, 1996 - Feb 13, 2006

| 1996 | 1997 | 1998 | 1999 | 2000 | 2001 | 2002 | 2003 | 2004 | 2005 | 2006 |
|------|------|------|------|------|------|------|------|------|------|------|
| 0 pages | 0 pages | 0 pages | 0 pages | 0 pages | 0 pages | 0 pages | 5 pages | 5 pages | 0 pages | 0 pages |

Feb 28, 2003 * Feb 17, 2004 *
Apr 09, 2003 * Apr 17, 2004 *
Jun 24, 2003 * Jun 03, 2004 *
Jul 27, 2003 * Jul 25, 2004 *
Oct 03, 2003 * Jul 27, 2004

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Home | Help

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# *Personal Trainer-PDA* v2.5

## (Single-User & Multi-Client)

### *Physical improvement through mental strength*

POWERED

**BusinessWeek**

*PERSONAL TRAINER-PDA* was in
the AUGUST 30, 2004 Edition
THE EXECUTIVE LIFE -- HEALTH Section

**FINALIST 2004**
Best
Fitness
Application

Handango
Champion
Awards

**Quickly access and enter workout schedules and n yourself or for your clients\*.**

The *Personal Trainer-PDA* family of software has quickly becc most popular fitness software on the market. Many have repl; bulky notebooks, charts and index cards with this easy to use. software package for all Palm OS, **Pocket PC** PDAs and **des**l *Personal Trainer-PDA* is the "BEST PDA FITNESS SOFTWA MARKET..." It focuses on keeping detailed records of workc goals and personal measurements (e.g., bench press max, et yourself or your clients. It was developed to allow you to builc personalized, efficient and effective fitness plans with ease, al to stay focused, thus giving purpose to each workout. Becaus fitness objectives is measured in weeks and months (not in da easy to lose sight of the fitness goal not to mention becoming quitting without some direction.
*Whatever your use, Personal Trainer-PDA will give you that p professional edge you're looking for.*

**Designed for Personal Trainers, Coaches, Physical Therapists and individuals.**

New add-on feature ***Fitness Pro Calculator***

***Click here for the Pocket PC version.***
***Click here for the Desktop version.***

## FEATURES:

- Client Billing. Track client's payments (date, amount, sessions, method...) (Multi-Client)

- Track client's sessions (usage, purchased, date, time, day) (Multi-Client)
- Beam client's workouts directly to their PDA (Weights & Cardio) (Multi-Client)
- Receive professional workouts  (Weights & Cardio) directly to your PDA (Single-User)
- **COLOR** support for color PDAs.
- Setup workouts with specific exercises and details for defined days to stay focused and organized.
- Create a custom list of Exercises for setting up workouts. You can add, edit and delete these.  *(Not in Tria*
- A Client list for organization and accuracy. Ability to add, edit and delete. (Multi-Client version)
- Explanations of the muscle groups worked with exercises.
- Create a custom list of Areas affected by a specific exercise (e.g. arms, upper body). Has the ability to add
  *(Not in Trial Version)*
- Preferences to customize the application.
- Filters and sorts to help find and organize.
- Set goals to obtain.  *(Not in Trial Version)*
- Record exercise bests.  *(Not in Trial Version)*
- Databases are backed up on PC.  *(Not in Trial Version)*
- History archive window for workouts with Delete and filters. (20 records for Trial Version)
- Archive check box on weight setup.
- Stop Watch with hours, minutes and seconds display.
- Original and current body weight and dates are stored. Displays differences in body weight and days.
- Client's note access via weight window. (Multi-Client)
- Cardio & Weight windows clock displays.
- Selecting day filter changes heading appropriately on the Cardio & Weight windows.
- Advanced sorts and filters.
- Intuitive interface.
- Pop-up date selection.
- Note fields.
- Password protect option.
- Current and original body weight and dates. Within "Goals" (Single-User)
- Displays differences in body weight and days. Within "Goals" (Single-User)
- Calculations available with the add-on, Fitness Pro Calculator, accessed via menu. (available in v3.0)
- **FREE** updates and upgrades.
- 14 day Trial version available.  The purchase of a registration code is required to enable remaining features.

## NEW IN VERSION 2.5

- New Runtime engine for newer Palm OSs
- User interface enhancements
- Usability suggestion from customers
- Additional minor issues fixed

**\*Not designed or intended for use on the emulator (POSE)**

---

*NEWS:*
**Beta testing has begun on the accompanying Personal Trainer-PDA Suite (desktop)
positive and exciting feedback.  All current users and those who sign up for release
receive an email once the desktop is released.**

---

# Customer Reviews (from multiple sites and emails)

**ABSOLUTLY FANTASTIC!!!** ★ ★ ★ ★ ★
*Kraig Love from N.Y., N.Y.*
This software is the best I've used or seen. I'm an amateur bodybuilder and everyone in my group is thoroughly impressed. I keep my workouts organ
like Bests and Goals, it keeps me headed in the right direction. I am continually asked what is that and how can I get it. The software is advanced so i
become efficent at using it, now I don't know what i would do without it.

---

**FANTASTIC!** ★ ★ ★ ★ ★
*Joseph McAfee from CHICAGO, IL*
I've used Personal Trainer PDA for a few months now and I have no idea how I was able to workout before without it. I have just upgraded to version
features are a definite bonus to this already fantastic program. If you workout and do not have this Personal Trainer PDA, I would suggest getting it A

---

**I've tried 4 others, I like this one the best (by far)** ★ ★ ★ ★ ★
*jcollins@microsoft.com from Seattle, Washington*
I've used Personal Trainer a few months now, and I could never go back. I used to take workout sheets to the gym, but taking my Palm with a good e
the gym makes much more sense. I tried 4 or 5 other programs first, but this one has a wide variety of features that I like best. It helps me set goals a
e-mailed a question to Vesteon Software once and got a reply in a matter of minutes. That and the price impressed me a lot, so I'm comfortable giving

---

**YES!** ★ ★ ★ ★ ☆
*A. Greene from Phoenix*
This program is for anyone who follows Body-for-LIFE. Instead of downloading the daily progress workout sheets I enter them into Personal Trainer a
given me increased effectiveness with many more enhancements than just a sheet and clipboard. Its also "cool" to use in the gym.

---

**Exactly what I was looking for. Thanks** ★ ★ ★ ★ ★
*J.J. Jackson from Boise, ID*
How did I workout before this program? I wasted alot of time and effort working out before I started using Personal Trainer PDA. I've tried other simila
the easiest and most useful by far. One complaint: Wish Vesteon Software released it a few years ago.

---

**Definately worth it!** ★ ★ ★ ★ ★
*Steven Smith from Santa Barbera, California*
I listen to music and use this program on my PDA and don't know how I worked out without it. I had to contact their tech support and immediately rec
response. Part of their response was that some exciting exhancements were due in the next release, I think next month, can't wait. I would recommer
efficient workout.

---

**Very Useful Program** ★ ★ ★ ★ ★
*Darren McDonald from Houston, Texas*
I would not normally give any program 5 stars but this program really earns them. I used the trial version for 1 day, bought it the next day. Also, their (

---

## Jim Peterson ★ ★ ★ ★ ★
As a professional Personal Trainer at a very large metropolitan club, I need to both effectively train my clients AND grow and manage my business. T
both, more efficiently than any other program out there, and I've tried them all. It's the best forty buck investment I've ever made. Thanks!

---

# Downloads & Purchase Link

| Single-User Version | Multi-Client Versi( |
|---|---|
| | (Personal Trainers, Coaches, Physical ˙ |
| ONLY $19.95 | ONLY $39.95 |
| (sales guaranteed by PayPal) | (sales guaranteed by PayP |

Payments by
PayPal

[ Buy Now ]

## Please read:

- If after purchase you are not taken to a web page for a registration key, please send us your Palm user name. It is found by tapping "HotSync" on the Application screen and noting the name at the top. When we receive payment verification from PayPal we will create and send you your registration key for your PDA.

- Please set your ISP email to allow Vesteon Software email (vesteon-software.com)

- WinZip is required to open the download

- StuffIt is required to open the download for Mac.

- **Enter your registration key, received after purchase, to unlock the trial version to the FULL version.**

- Please remember to review the User Manual, located within the download file, it contain useful information.

- After purchase via PayPal you will be redirected to receive your registration key so please temporarily allow popups.

Send Palm User Name via email

## Trial Version (Single-User) 2.5:

email*: [_____]  [ Download ]

We do not sell customer names, emails, or other private information to outside companies for use in marketing and solicitation.

## Updates/Upgrades
(version located on splash screen)

2.4.+ to 2.5: .zip

---

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- Please set your ISP email to allow Vesteon Software e (vesteon-software.com)

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- StuffIt is required to open the download for Mac.

- **Enter your registration key, received after purchas version to the FULL version.**

- Please remember to review the User Manual, located · file, it contain useful information.

- After purchase via PayPal you will be redirected to rec key so please temporarily allow popups.

Send Palm User Name via email

## Trial Version (Multi-Client)

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## Updates/Upgrades
(version located on splash screen)

2.4.+ to 2.5: .zip

---

## Click here for customer support

x Vesteon Software Image

**INTERNET ARCHIVE**
# WayBackMachine

Enter Web Address: | http:// | | All | ▾ | | Take Me Back | Adv. Search  Compare Archi

Searched for http://www.bodysci.com/                                **35** Results
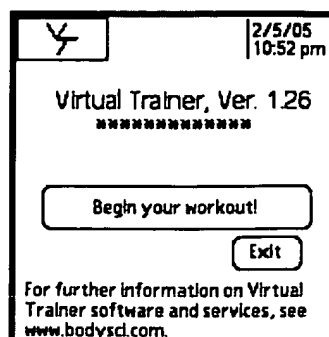
Note some duplicates are not shown. See all.
* denotes when site was updated.

## Search Results for Jan 01, 1996 - Feb 13, 2006

| 1996 | 1997 | 1998 | 1999 | 2000 | 2001 | 2002 | 2003 | 2004 | 2005 | 2006 |
|------|------|------|------|------|------|------|------|------|------|------|
| 0 pages | 0 pages | 0 pages | 0 pages | 0 pages | 0 pages | 0 pages | 17 pages | 8 pages | 6 pages | 0 pages |

| 2003 | 2004 | 2005 |
|------|------|------|
| Feb 05, 2003 * | Feb 06, 2004 | Feb 02, 2005 * |
| Feb 15, 2003 | Mar 17, 2004 | Feb 04, 2005 * |
| Mar 23, 2003 | Apr 11, 2004 | Feb 05, 2005 |
| Apr 20, 2003 | May 19, 2004 | Feb 10, 2005 * |
| Apr 22, 2003 | May 20, 2004 | Feb 11, 2005 |
| Apr 26, 2003 | Jun 04, 2004 | Mar 26, 2005 |
| May 01, 2003 | Jun 06, 2004 | |
| Jun 02, 2003 * | Sep 23, 2004 | |
| Jun 21, 2003 | | |
| Jun 22, 2003 | | |
| Jul 18, 2003 | | |
| Aug 09, 2003 | | |
| Oct 02, 2003 | | |
| Oct 20, 2003 | | |
| Dec 08, 2003 | | |
| Dec 19, 2003 | | |
| Dec 21, 2003 | | |

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FitU
*Workout*
*Management System*
## *Join Now!*

```
┌─────────────────────────────┐
│  ┌──────┐      │2/5/05       │
│  │  Y   │      │10:52 pm     │
│  └──────┘                    │
│                              │
│     Virtual Trainer, Ver. 1.26 │
│     ▪▪▪▪▪▪▪▪▪▪▪▪             │
│                              │
│   ┌────────────────────────┐ │
│   │  Begin your workout!   │ │
│   └────────────────────────┘ │
│              ┌──────┐        │
│              │ Exit │        │
│              └──────┘        │
│  For further information on Virtual │
│  Trainer software and services, see │
│  www.bodysci.com.            │
└─────────────────────────────┘
```

**Members receive all software updates as they are released -- it's included as part of your membership!**

Users easily track workouts on a Palm OS® handheld computer --no pencil, no paper-- just your PDA. The software is automatically downloaded during the purchase & sign-up process... just follow the prompts.

With FitU, you can create and use your own routines, groups and exercises. You can also choose to let the system generate suggested workout plans for you. Just think, you can exercise without worrying about setup prior to and during each work out. FitU does it for you!

And there's more -- you can alter the suggested plan "on the fly" during each workout; plus you can make long-term plans by re-configuring the default settings to meet your needs!

When you sync your PDA, changes you make on your handheld are uploaded to your online account, and visa versa.
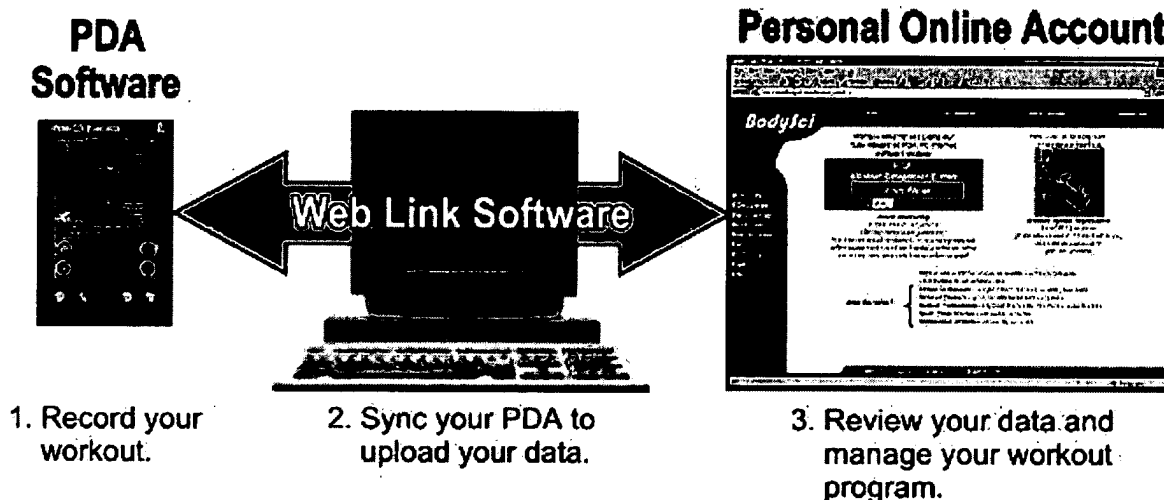
FitU offers demonstration videos, detailed descriptions of exercises, helpful hints & reminders, real-time recording of exercise results, and much more!

The FitU™ system includes an annual membership to the BodySci™ web site and a copy of our FitU handheld software (including all updates).

Easily track your workouts on a Palm OS® based handheld computer, then **upload your workout results** at the touch of a button.

FitU
*Workout Management System*
*Join Now!*

## How the **FitU** System Works:

**PDA Software**

**Web Link Software**

**Personal Online Account**

1. Record your workout.

2. Sync your PDA to upload your data.

3. Review your data and manage your workout program.

## Protected Online Account...

- Customize parameters to fit your workout style
- Customize individual exercises
- Create/delete/edit your own groups and exercises
- Graph and analyze your work out and body weight results
- Your graphed data is also shown in a corresponding table
- Manage and maintain your overall fitness program
- View and download user documents
- Download handheld software updates

## Handheld Software (includes all updates)...

- Routines, or let the software suggest a workout plan for you based on your input, preferences and workout history!
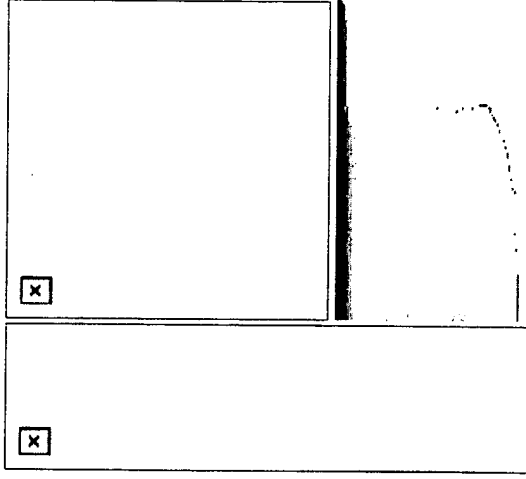- One-touch uploading to your personal online account

| | Workout<br>27s | 2/5/05<br>10:46 pm |
|---|---|---|

▼ Bench Press

▼ Chest          1 of 3 sets

| | 2/5 | Target | Made |
|---|---|---|---|
| Weight | 175.0 | 175.0 | 175.0 |
| Reps | 12 | 12 | 12 |
| Sets | 3 | 3 | 3 |

Difficulty:

| Hard | <-- | Ideal | --> | Easy |
|---|---|---|---|---|

- Alter the weight, reps and sets while performing an exercise
- Record results as you exercise
- Record difficulty of the exercise you perform

| | 2/5/05<br>10:52 pm |
|---|---|

Virtual Trainer, Ver. 1.26

\*\*\*\*\*\*\*\*\*\*\*\*

Begin your workout!

Exit

For further information on Virtual Trainer software and services, see www.bodysci.com.

**Bench Press**

Lying on a flat bench and palms facing away from your body, hold a bar at your upper chest. Push the bar above your chest. Return to starting position.

Done

- Motion videos
- Descriptions of exercises
- Record your body weight each time you exercise
- Built-in timer to rest between sets

# Personal Trainer-PDA

## (Single-User & Multi-Client)

**Quickly access and enter workout schedules for yourself or for your clients\*.**

Replace those bulky notebooks, charts and index cards with this easy to use, flexible software package for all Palm OS PDAs. *Personal Trainer-PDA* is the "BEST PDA WORKOUT SCHEDULER ON THE MARKET..." It focuses on keeping detailed records of workouts, goals and personal measurements (e.g., bench press max, etc.) for yourself or your clients. It was developed to allow you to build personalized fitness plans with ease. It also allows you to stay focused, giving purpose to each workout. Because achieving fitness objectives is measured in weeks and months (not in days), it's easy to lose sight of the fitness goal not to mention becoming bored and quitting without some direction.

## Spring Special 20% off

\* valid on purchases via PayPal (below) made between 2/18/03-3/20/03

**Features:**

- Setup workouts with specific exercises and details for defined weekdays to stay focused and organized.
- Create a custom list of Exercises for setting up workouts. You can add, edit and delete these. *(Not in Trial Version)*
- A Client list for organization and accuracy. Ability to add, edit and delete. (Multi-Client version)
- Create a custom list of Areas affected by a specific exercise (e.g. arms, upper body). Has the ability to add, edit and delete. *(Not in Trial Version)*
- Explanations of the muscle groups worked with exercises.
- Preferences to customize the application.
- Filters and sorts to help find and organize.

- Set goals to obtain. *(Not in Trial Version)*
- Record exercise bests. *(Not in Trial Version)*
- Databases are backed up on PC. *(Not in Trial Version)*
- History archive window for workouts with Delete and filters. (20 records for Trial Version)
- Archive check box on weight setup.
- Stop Watch with hours, minutes and seconds display.
- Client's original and current body weight and dates are stored. (Multi-Client)
- Displays differences in body weight and days. (Multi-Client)
- Client's note access via weight window. (Multi-Client)
- Cardio & Weight windows clock displays.
- Selecting day filter changes heading appropriately on the Cardio & Weight windows.
- Advanced sorts and filters.
- "Done" button advances one record.
- Intuitive interface.
- Pop-up date selection.
- Note fields.
- Password protect option.
- FREE Updates and upgrades.
- 30 day Trial version available. The purchase of a registration code is required to enable remaining features.

## NEW IN VERSION 2.2
**NEW** **COLOR** support for color PDAs. (Both)
**NEW** Current and original body weight and dates. Within "Goals" (Single-User)
**NEW** Displays differences in body weight and days. Within "Goals" (Single-User)

*Not designed or intended for use on the emulator (POSE)
*If you have Windows XP or 2000 or Mac, you need to request a different install email

View customer downloads, awards and some reviews (on bottom of pages) for *Personal Trainer-PDA*

**Handango.com Single-User Version**
**Handango.com Multi-Client Version**
**Palmgear.com Single-User Version**
**Palmgear.com Multi-Client Version**
**c|net DOWNLOAD.com Single-User Version**

# Downloads & Purchase Link

## Single User Version

~~$49.95~~
$15.96 *Spring Special 20% off*

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**PayPal**

**Buy Now**

Send us your Palm user name, found by tapping "HotSync" on the Application screen and noting the name at the top, and when we receive payment verification from PayPal we will create and send you your registration key for your PDA.

Send Palm User Name via email

Download Trial Version: [ ]

**Upgrade v2.2.0 AVAILABLE SOON:** [ ]

Download User Manual (for v2.2.0): [ ]

## Multi-Client Version
(Personal Trainers, Physical Therapists,....)

~~$39.95~~
$31.96 *Spring Special 20% off*

Payments by
**PayPal**

**Buy Now**

Send us your Palm user name, found by tapping "HotSync" on the Application screen and noting the name at the top, and when we receive payment verification from PayPal we will create and send you your registration key for your PDA.

Send Palm User Name via email

Download Trial Version: [ ]

**Upgrade v2.2.0 AVAILABLE SOON:** [ ]

Download User Manual (for v2.2.0): [ ]

**Click here for Personal Trainer-PDA Customer Support**

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## Vivonic Fitness Planner for Palm

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**RECENTLY VIEWED**

⦿ Vivonic Fitness Planner Mini Handheld by Vivonic (Rate it)

**Availability:** Available from **these sellers.**

**1 used & new** from $54.00

**Platform:** PDA
**Media:** CD-ROM

See more pictures | System requirements

**Features:**

- Customize an exercise and nutrition plan
- In-depth profile questions take schedule, preferences, current exercise regimen into account
- Chart your progress and see where you need to adjust in order to meet your goals
- Chart your progress and see where you need to adjust in order to meet your goals
- Track your calories with the extensive food and exercise databases
- Easily synchronize with your PC (not Mac compatible)

Manufacturers, merchants, and enthusiasts: Submit a product manual for this item.

**Amazon.com Sales Rank:** #5,121 in Software (See Top Sellers in Software)
Yesterday: #5,115 in Software

**ASIN:** B00005444V
**Dimensions:** 6.00 inches x 9.00 inches x 1.00 inches
**Date first available at Amazon:** November 27, 2000
**Average Customer Review:** ★★★☆☆ Based on 29 reviews. Write a review.

**READY TO BUY?**

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(Sign in to rate this item.)

## Product Description

### *Amazon.com Review*

Be gone, personal trainer--welcome, Vivonic Fitness Planner! Whether you're looking to lose a couple of pounds for the holidays or you're training for the Iron Man competition, Vivonic Fitness Planner for Palm OS devices can assist you in reaching your personal fitness goals.

Installation is quick and easy. Initial setup calls for spending some time with the PC software, entering your current statistics and information regarding your goals. Vivonic Fitness Planner asks first for information regarding your height, weight, current fitness rate, current exercise program, and nutrition habits. Then it asks keys questions that are designed to determine your goals. Goals can range from muscle building to cardiac stamina to weight loss.

Once you've completed the initial setup series, you're ready to take your show on the road! By syncing your Palm OS device, all of this information is downloaded to your handheld. You can enter easily anything that you eat throughout the day and any calories that are spent on general living, and update your exercise regimen.

While the Vivonic Fitness Planner for Palm might seem a bit extreme for everyday use, it can be invaluable to anyone who has specific and predetermined fitness goals. It might be a bit impractical for someone who's looking to maintain a current body weight or size; but, for someone who wants to make life changes, but can't afford a personal trainer to assist, this tool is without a doubt the perfect choice. *--Kendra Hayden*

### *Amazon.com Product Description*

Vivonic Fitness Planner Software for Palm OS devices not only helps you plan your fitness program and track your progress, but also offers guidance along the way. The Plan Wizard stores information about your age, weight, exercise habits, family history, and overall fitness goals. Detailed reports allow you to track your progress, and see how well you're meeting your goals. You can compare, for example, your planned caloric intake with your actual caloric intake, and see how this stacks up... ▸ read more

▸ **See all product description...**

## Spotlight Reviews (What's this?)
**Write an online review and share your thoughts with other customers.**

Search Customer Reviews

[  ] **GO!**

38 of 38 people found the following review helpful:

★★★★☆ **Doing what I intend to do!**, January 21, 2001
Reviewer: **"dawnsgoodstuff"** (Ketchikan, AK USA) - See all my reviews
I loaded Vivonic on my PDA just after the holidays--and after one more round of promises to myself to manage my nutrition and fitness more carefully. It's been an incredible help!! Instead of carrying around a notebook to keep a food diary, and then looking up the nutritional info--or worse, typing it into my desktop, I can now make a note of everything I eat and drink AND keep useful, up-to-date records of my workouts!

I really like being able to access a report on my PDA throughout the day that includes the most important information--total calories, fat, etc. (Makes it easy to decide, for instance, where to eat dinner tonight!) Then later, at my desktop, I can get very complete information about most any vitamin or nutrient. Sure, there are a few foods that aren't in the food list, but not many--and I find the program very easy to use, and easy to add my custom foods to.

Vivonic can't force you to stay in shape, but it CAN make it easier to know the truth about what you're doing and eating. A great tool toward personal fitness and wellness.

Was this review helpful to you? (yes) (no) (Report this)

13 of 14 people found the following review helpful:

★★★★★ **A Great Help**, June 13, 2001
Reviewer: **Tommy** (Naperville, Illinois United States) - See all my reviews
I think this is a great tool to help with fitness goals. I think there are a lot of positives about this program.

It's helped me out, I started a weight loss and health improvement program about 10 months ago. I've lost 55 pounds, my cholesterol is way down, and I feel great. I found that the Vivonic app on my Palm really was a helpful part of this success.

Here is what I like about the program:

1) A well written, easy to use program. Very easy to enter food intake, there is a built-in database of nutrition values plus you can enter your own as well. Same with the exercise info.

2) The graphs showing your daily and monthly exercise AND nutrition results are most helpful for me. As they say,

a picture is worth a 1000 words (and often, a 1000 calories!)All your progess and daily nutrition analysis is done relative to a program that you set up on the desktop part of Vivonic.

3) I use the Palm quite a bit for work stuff, so I've almost always got it around. I have no excuse not to enter the exercise and nutrition info.

4) Helps with the discipline of maintaining a program.

Best of luck on your fitness endeavors!

Tom (not associated with the product, just a pleased user)

Was this review helpful to you? (yes) (no)    (Report this)

## All Customer Reviews
**Average Customer Review:** ★★★☆☆
**Write an online review and share your thoughts with other customers.**

★★★★★ **Vivonic love affair over,** January 31, 2006
Reviewer: **Dr. Maudie L. Holm "maudiemoon"** (St. James City, Florida & Cleveland, Ohio) - See all my
reviews
| REAL NAME™ |

I loved this software; I liked the workout circuits; the food track is great. So...then I got a Palm Tungsten E2 and kaput! Nothing. It just sits there. I would even spend money on an upgrade, but when I try to click through to Tech Support to find one...kaput! No Tech Support and no answers. It works on my desktop, which is even more frustrating. I think this is very well designed, too bad they stiffed us! MM

Was this review helpful to you? (yes) (no)    (Report this)

0 of 1 people found the following review helpful:

★★★★★ **Glad to see this is no longer available!,** June 26, 2005
Reviewer: **Raulrocks** (Dania, FL) - See all my reviews

I only give this product 1 star because the site does not provide for 0 stars. I purchased this software a few years ago and have been (mostly) faithfully choronically my diet since around 2003. I had always assumed that everything was fine with this software (you know what happens when you assume). I would go back a few weeks to double check something, etc., but I never went back more than a couple of months. Imagine my shock when I found out that none of my entries from more than a few months remained! I'm VERY upset about this and I hope this company has done more than stopped selling this product, I hope they're out of business. For those of us to which weight and our diet is a very important thing, this is a nightmare. I started a weight loss program (on which I have become sucessful), but the earlier entries are now gone forever. If I may, Vivonic sucks!

Was this review helpful to you? (yes) (no) (Report this)

1 of 1 people found the following review helpful:

★★★★★ **liked it, until I got to know it,** January 31, 2004
Reviewer: **A software user**

I, like many other, loved this program when I first got it. Made food journaling easy (and I believe that is key to my weight loss of 60 lbs), it also helped me to learn about the nutritional content of foods(and led me to buy the book Food Bible, by Judith Wills, which I do recommend). But the company that put out the product has dropped the ball. I got a new Palm Zire and it is not compatible. I emailed the tech support and they told me that they were working on updating the software. They said it would be ready by December 2003. Since then I have not heard from them at all. I hope they get their act together, or I hope someone better comes out with a better product. Until then, I suggest buying the Food Bible and investing in a notebook, pen, and calculator.

Was this review helpful to you? (yes) (no) (Report this)

1 of 1 people found the following review helpful:

★★★★★ **down fall of vivonic company,** December 30, 2003
Reviewer: **matt** - See all my reviews

I purchase the vivonic software 3 years ago and love the product and would rate the software at a 5 star. the problem I have ran into is the suport of this software. When I purchased the software the teck suport was very helpfull when needed for the first year. After they did away with their 1800 phone number and will very seldome if at all answer ther eMails. I also cant get a response back from them on this program working with a handheld PC. If you

purchas this product and dont need teck suport you will love it but if there needed good luck.

Was this review helpful to you? (yes) (no) (Report this)

▶ **See all 29 customer reviews...**

## Listmania!

- The Competitive Runners Guide: A list by Rodney Mickle, Track Stud
- Going the distance...: A list by Jason Child, 3:10 Marathoner
- A Geek's Palm PDA List: A list by John Williamson, Geek and Palm IIIxe user.

▶ Let us know if any of these lists are inappropriate.

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# Vivonic Fitness Planner Mini Handheld

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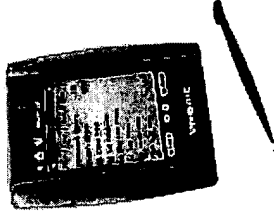
## Product Features

- Record your daily nutritional intake using the extensive foods database
- Pedometer logs miles running or walking
- Serial port for easy linking to PC
- Handheld with software designed to help you create a personalized fitness and nutrition program
- Access exercise and calorie tracking programs through the intuitive touch-screen interface

## Product Details

- **Shipping Weight:** 12.3 ounces.
- **Shipping:** Currently, item can be shipped only within the U.S.
- **ASIN:** B000050GAX
- **Item model number:** VFP1000
- **Average Customer Review:** ★★★☆☆  based on 6 reviews. (Write a review.)
- **Amazon.com Sales Rank:** #86,739 in Electronics (See Top Sellers in Electronics)
  Yesterday: #86,671 in Electronics
- **Discontinued by manufacturer:** Yes
- **Date first available at Amazon.com:** September 4, 1973

## Accessories for Vivonic Fitness Planner Mini Handheld

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## Product Description
**Amazon.com Product Description**
Like a personal trainer in a box, the Vivonic Fitness Planner helps you keep track of your fitness goals, workouts, and eating habits. The system works by first using Vivonic fitness software on your PC to assess your needs and goals through a series of in-depth questions. With information about your preferences, schedule, regular activities, current exercise regimen, and medical issues, you can then determine your fitness goals and how long you want the plan to last. The Vivonic software then recommends a personalized workout with computer animations to help you understand unfamiliar exercises. Download your plan from your PC to the Vivonic Fitness Planner, and you're ready to go.

The Fitness Planner allows you to access exercise and calorie tracking programs through the touch screen interface. It tracks your sets, repetitions, weights, and even seat settings (for machine-based exercises). You can also easily add your own foods into the database and view nutritional details of what you've eaten. The planner gives you weekly totals of calories consumed, grams of fat, sodium, and cholesterol. The built-in pedometer tracks your walking or running miles.

The Fitness Planner is designed for sports use with a rubber-wrapped sports grip and a belt clip. The unit runs on two AA batteries (not included) and comes with a belt clip, Vivonic PC software on CD-ROM, stylus, a serial cable connector, and a manual.

**Product Description**

The Vivonic Fitness Planner helps you to identify your fitness goals to create a customized exercise and nutrition plan just for you. It intuitively learns who you are through a series of in-depth profile questions (personal preferences, your schedule, regular activities, current exercise regimen and any related medical issues). Download your plan to the portable, rugged, handheld Vivonic Fitness Planner, and use the calorie and exercise tracking programs that you can access through the touch screen interface. Tracking your activities and calories has never been this convenient. Get instant reports to track your progress and see where you need to adjust to meet your goals. It's that easy! If you are a runner or walker, this Vivonic Fitness Planner is for you! There's an integrated pedometer, which tracks your time and distance to estimate calories burned. It's easy to then log it into your daily exercise journal. The integrated pedometer is available only in this handheld Vivonic Fitness Planner.

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# Customer Reviews

**Average Customer Review:** ★★★☆☆
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2 of 2 people found the following review helpful:

★★☆☆☆ **Poor customer support**, February 6, 2004
Reviewer: **Gary Steves** (Chicago IL) - See all my reviews

I purchased the product and and have repeatedly tried to contact the tech support line listed in the literature by phone and e-mail with no response. I am very disapointed and the productr is unusable. What a ripoff.

Was this review helpful to you? (yes) (no) (Report this)

5 of 5 people found the following review helpful:

★★★★★ **A Complete Waste**, December 30, 2001
Reviewer: <u>Cathy Benway</u> (S. Freeport, Me United States) - <u>See all my reviews</u>

Like the other bad reviews I got my planner and it broke in as little as 2 hours. I took forever to get it to synch and then it just stopped working. I think I'll just get the Palm and try the software on that. What a complete waste of time!

Was this review helpful to you? (yes) (no) (Report this)

27 of 27 people found the following review helpful:

★★★★★ **Can you say "Quality control issues"?**, June 14, 2001
Reviewer: **An electronics fan**

Like the reviewer from Baltimore, I was psyched to enjoy this device. Not three hours after unwrapping it, though, and it's already dead. Got all of my meals from the past week logged in (I had been keeping track on paper in anticipation of receiving the gizmo), entered in all of my personal info, hit the journal key, and...nothing. Well, not nothing. More like 10 lines of gibberish on the screen. Did a soft reset. No change. Took the batteries out, put them in. Blank screen.

So...

I called customer support (and sat on hold for 10 minutes of a non-800 long distance call before I even spoke to a rep). Did a hard reset over the phone. Nothing. Again. Nothing. Finally, rep said they'll send a new one out to me. How do I send the old one back, I asked. "Oh, we're not doing that anymore," says the rep. "We'll just send you a new one and you can toss the broken one." Get the impression that this is more than just an isolated incident?

So I'm getting a replacement device. Wonderful. And if THAT one fails, then what? Do they just keep sending me new ones every couple of days?

In the meantime, I'm back to paper and pen.

Here's some advice: For way less than what this device costs, you can pick up a discontinued Palm IIIxe from Staples.com. Get that, then order the Vivonic software for the Palm from. For LESS than the cost of the Vivonic handheld alone, you've not only got all the functionality of the Vivonic handheld device, but a Palm Pilot to boot.

Was this review helpful to you? (yes) (no) (Report this)

4 of 5 people found the following review helpful:

★★★★★ **This is EXACTLY what I was looking for!**, May 10, 2001
Reviewer: **An electronics fan**

As a personal fitness trainer, a martial artist and someone concerned with caloric intake, I needed something that wasn't going to bog me down. This is a phenomenal machine that tracks anything I want it to! I found out that some foods I ate too much of and others too little. I also track the amount of cardiovascular time, weight increases/decreases, etc. I am really amazed by this product! It is worth every penny!

Was this review helpful to you? (yes) (no) (Report this)

9 of 9 people found the following review helpful:

★★★★☆ **I was all set to love this product, but...**, April 19, 2001
Reviewer: **David Boone** (Baltimore, MD United States) - See all my reviews

It broke the first day. I was at the gym with that day's routine stored in the database when the screen froze. Soft reset. Sync. Soft reset. Error message. Hard reset now impossible. Called tech support. Not familiar with that error message. (If not them...?) Tech support would call back. Had a replacement in my hands before tech support called back. (They never did.) I'm giving it another try because even though my experience was frustrating and the software isn't perfect, the idea is a good one. Still, consider buying a Handspring Visor (more reliable) and just get the Palm software. If the Vivonic hardware fails again, that's what I'll do. (Plus I'll be back with a one-star review.)

Was this review helpful to you? (yes) (no) (Report this)

17 of 18 people found the following review helpful:

★★★★★ **For health and fitness, this is a great tool!,** February 17, 2001
Reviewer: **Tammi Walts** (Louisville, Kentucky USA) - See all my reviews

I purchased my Vivonic Fitness Planner about a month ago. I have found it a great tool to keep up with fitness activities, food intake and personal metrics like how many hours of sleep I get each night or my weight. I also love the pedometer and stopwatch and that it automatically updates my fitness records.

I am quite impressed with the extensive food and exercise databases. I have found even the most obscure foods in the database - stuff like dry roasted soynuts or oatmeal maple flavored. I found myself wishing for a way to find a particular food in the database because at times I had difficulty knowing under what category to look. Then I got an e-mail this week that Vivonic has updated the software to add a search tool for the food database - they read my mind! I just downloaded the upgrade today, FOR FREE!

If you like to keep up with your workouts or monitor your food intake (calories, fat, protein, carbs, sodium, sugar) this handheld fitness planner for you. I know last year when I was on a weight loss program, the planner would have been an invaluable tool. And a good motivator, too, because it gives you feedback on your food and exercise goals

The last thing I'll mention is that I am not really into "gadgets" or computers, electronics, etc. but I have found the planner so easy to use - you do not have to be a computer guru to get the planner working and learn how to use it. The Vivonic Fitness Planner really is a good product and I can highly recommend it.

Was this review helpful to you? (yes) (no)    (Report this)

## Listmania!

- Things with too many buttons a...: by Lori K Gongaware
- Fitness: by Tara Owen "taraowen"
- Stuff that sucks: by Pat McRoch

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